

Testimony before the Appropriations Committee
February 23, 2017
Department of Mental Health and Addiction Services (DMHAS)
Governor's H.B. 7027 AN ACT CONCERNING THE STATE BUDGET FOR THE
BIENNIUM ENDING JUNE THIRTIETH 2019, AND MAKING APPROPRIATIONS
THEREFORE
Carol Gilbert, East Hartford, CT

Good afternoon Senator Osten and Senator Formica, Representative Walker and members of the Appropriations Committee.

My name is Carol Gilbert and I am a registered voter in the town of East Hartford.

I am opposed to the cuts to the Department of Mental Health and Addiction Services and cuts to Connecticut Legal Rights Project and the Regional Mental Health Boards. I have been going to InterCommunity since 1997, for treatment for severe clinical depression. It is the first place that ever helped me overcome my diagnosis. I started going to Common Ground, InterCommunity's member-run clubhouse, where I really found recovery. They showed me that I was a person that was capable of doing whatever I wanted in life.

Over the years I became involved in so many projects, initiatives and boards, and have grown so much, to the point that I have been able to become a mentor to others. I have been on the North Central Regional Mental Health Board for years and work closely with Connecticut Legal Rights Project and see the great work they do for people and our mental health system.

I now am beginning work as a peer support specialist for the first time, after decades of volunteering and two months before my 74th birthday. I am proof that anyone can turn their life around and help others do the same.

Let me tell you, I have such a wonderful life right now. I am still going to InterCommunity and enjoy showing other people that you can have a better life if you want it. I would recommend this place to anyone. Please keep the money where it means the most for people.

Thank you for your time,

Carol Gilbert

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